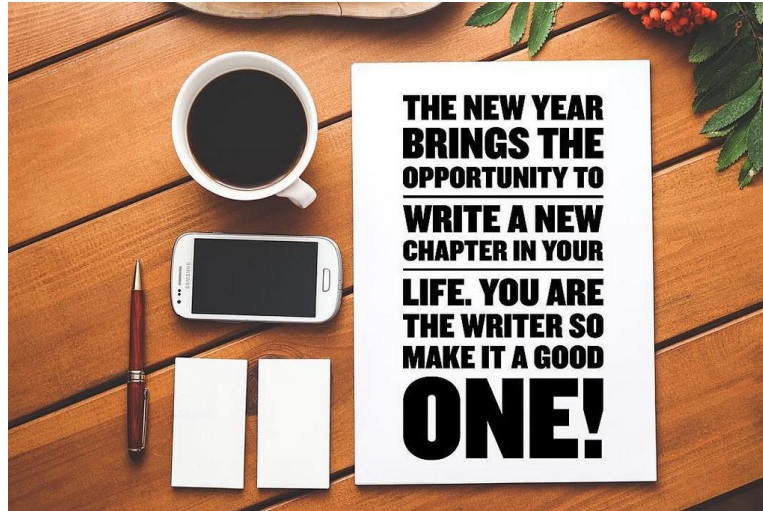


Get Ready, Get Steady, Go!



- ✓ Have you taken time out to look after family or raise children?
- ✓ Would you like to meet new people and boost your confidence?
- ✓ Are you thinking about returning to work?

Classes will run two mornings a week in:

- ✓ Emyvale
- ✓ Kingscourt
- ✓ Ballyconnell/Belturbet
- ✓ Castleblayney
- ✓ Clones
- ✓ Ballyjamesduff

Get Ready, Get Steady, Go is for women out of the workforce but not on jobseekers' payments. Open to those on no payment, or on Carer's Allowance, Disability Allowance or One-Parent Family Payment. Course will cover personal development and making a personal plan for your future.

For more information contact Ceinwen on 087 1967888 or email ceinwenfergus@cmetb.ie.

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